



# THE VEGGIE VOICE

Village Acres Farm Summer CSA • October 20, 2009 • Distribution 23 of 25  
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*"It may be that when we no longer know which way to go that we have come to our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings." - Wendell Berry*

## Farm Note • a word from the Village Acres Crew:

Sometimes Dave teases me that Roy likes me the most because I bring the most free-labor to the farm. This is an obvious lie, but I do appreciate the friends and family that come to see the farm and donate a day or two of work while they visit. It especially helps as winter settles in the land- not because we need the extra labor, but more because it helps keep an excitement and newness present while everything growing slows down.

It's incredible to me to see the vegetables that were growing at an unbelievable rate just a month ago slow to growing almost imperceptibly. I feel the same sluggishness in my own body- the fogginess that comes from waking up before the sun. My emotions are leveling after the ecstasy brought with the summer sun. I can feel myself internalizing, bracing for the winter.

Our bodies need the break that winter brings just as much as the land does. It's time to feed the soil and let it rest. It's also time to start the projects that bring excitement for the coming year- just this morning I heard hammers and the scrape of metal as our old packing shed starts to come down. It's a time to build, prepare, rejuvenate. ~Anna

## Produce and Cooking Notes

**Salad Mix:** We're thankful for the sun coming out and drying off this lettuce. Delicious with the *Sweet & Sour Vinaigrette* recipe on the back. We didn't pre-wash the greens so give them a good rinse; this will also perk up any wilted leaves. These are best if used within a few days. Add a paper towel to the plastic bag to keep the greens fresh longer. The greens are lettuce mix, mustard greens and beet greens (red leaves).

**Sweet Potatoes:** Cube, cook, then mash your sweet potatoes with a little butter – or add some maple syrup for dessert! You may notice that many of the sweet potatoes in your share have cut areas that have a whitish skin over them. After harvest, we cut away any damaged portions of the root, then cure them at 80 degrees for about a week. The cut areas harden and the skin toughens up a bit to improve storage life. Just cut away the whitened section before use.

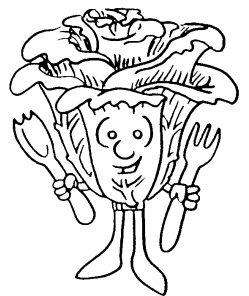
**Purple Top Turnip:** Use cubed in soups, sliced in stir fries or sautéed for quiches or omelets. Or just chop, steam and serve with butter, salt and pepper. (Not sure what it's in the #8 brown paper bag? It's a turnip(s) and a celeriac.)

**Celeriac:** This spunky root, sometimes described as a celery-flavored potato, is great peeled and shredded on salad, mashed with potatoes or chopped into soup. We're a little disappointed that these roots didn't size up more. They're definitely better than last year, but not the softball size we like to see. See the *Celeriac and Potato Gratin* recipe on the back.

**Bok Choy/ Tatsoi:** The classic stir-fry veggie, it's an Asian green that's especially good with a spicy peanut sauce. Always good in a stir-fry (don't forget to slice the stems and add them before the tender leaves), bok choy/tatsoi can also be shredded like cabbage and added to coleslaw or salad. See the recipe in *Veggie Voice #21*. You're getting either a head of bok choy or tatsoi in your box. Rinse well before using.

**Kale:** See the *Wonderfully Easy Pasta with Kale* recipe. For other cooking tips, see *Veggie Voice #22*.

**Choice: Endive or Arugula:** See our website for a great *Endive Salad with Hot Dressing* recipe.



## IN THE BOX

Salad Mix  
Sweet Potatoes  
Purple Top Turnip  
Celeriac  
Bok Choy  
Onions  
Kale  
Endive or Arugula  
Choice: Cabbage or  
Broccoli  
Hot Pepper

**Choice: Cabbage or Broccoli:** **Cabbage:** From a neighbor farm, grown using organic methods, although not certified. Our **broccoli** is still coming in, and more than one of us has tried to find and kill the groundhog eating the perimeter plants. Dave said “this field should be called the mammal field,” after observing the groundhog damage to the broccoli plants and recalling the voles decimating the melon plants, earlier in the season.

**Hot Pepper:** Inside your box today – it’s a green or red Jalapeño pepper.

## Community News

**Fall Harvest Festival:** It’s not too late to tell us you’re coming and/or to donate an auction item to the festival this **Saturday October 24**. Please let us know by filling out the online RSVP (sent via email), or calling/emailing the farm.

### Events to Remember

**Oct 24:** Fall Festival: 2:00 – 6:00 PM

**Oct 27:** 24<sup>th</sup> Summer CSA Distribution

**Nov 3:** Final Summer CSA Distribution

**Nov 24:** 1<sup>st</sup> Winter CSA Distribution

**Blue Rooster Farm** – I will send out and email with the a special for the week. We are picking up both beef and lamb at the butcher this week and I have several orders to fill before I decide on a special. Thanks, Julie

## Recipes

### Sweet & Sour Vinaigrette

From *Recipes from the Heart Cookbook*

- ¼ cup sugar
- ¼ cup vegetable oil
- 2 tablespoons apple cider vinegar
- 1 onion, finely chopped
- 1/8 teaspoon Worcestershire Sauce

Whisk all ingredients in small bowl and then add dressing to salad; toss.

### Black Bean Sweet Potato Burritos

- from *Simply in Season*

- 3 c. sweet potatoes or butternut (peeled and diced)
- ½ onion (chopped)

Sauté in 1 tbsp. oil until tender. Add water or apple juice as needed to prevent sticking.

- 2 c. cooked black beans
- 1 t. ground cumin
- 1 t. ground cinnamon
- ½ t. salt

Add and cook until heated through.

- 8 flour tortillas
- 1½ c. cheddar cheese (shredded)

Divide bean mixture and cheese among the tortillas and roll up. Place in a 9 x 13 baking pan. Cover pan with foil and bake at 350 for 20-25 min. Garnish with sour cream, salsa and fresh cilantro.

### Celeriac and Potato Gratin

– from *Vegetarian Cooking for Everyone*

- 1 garlic clove
- butter for the dish
- 1 lb. of celeriac, scrubbed, bottom roots removed
- 1 lb. potatoes
- ½ c. cream

- 2 tsp. Dijon mustard
- salt and pepper to taste
- 1 c. grated cheese (gruyere is suggested)

Preheat oven to 375 degrees. Rub a 2 quart gratin dish with the garlic and then with butter. Peel the celeriac and put the parings in a 3 quart saucepan with 3 c. water and whatever remains of the garlic. Set a steamer over the top and bring it to a boil. Quarter the root, then slice it ¼ in. thick. Steam for 5 min. and remove to a large bowl. Peel the potatoes, slice into thin rounds, and steam for 5 minutes or until tender, then add them to the celeriac. Strain the cooking liquid, measure 1 and ¼ c., and mix it with the cream and mustard. Pour it over the vegetables and toss well. Season with ¾ tsp. salt and pepper to taste. Transfer vegetables to the gratin dish, smooth them out and cover with the cheese. Bake until bubbling and browned on top, about 30 min.

### Wonderfully Easy Pasta with Kale – From *Asparagus to Zucchini*

- 1/3 pound penne or farfalle pasta
- 2-3 tablespoons olive oil
- 1 small onion, diced
- 2 or 3 garlic cloves, minced
- ½ pound chopped kale leaves
- salt and pepper

Bring 6-8 cups salted water to a boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and sauté until wilted. Drain the pasta and combine it with the onions, garlic, and kale. Season with salt and pepper and serve immediately. Makes 2 servings.

Edited by Patrick Smith, CSA Manager

Village Acres Farm is owned and operated by Roy & Hope Brubaker